WHAT IS CLAIMED IS:

- 1. A buffer characterized by comprising:
 - a first member,
 - a case body relatively movable with respect to the first member,
- a slider provided in the case body so as to be slidable in a longitudinal direction of the case body, and

a buffering member rotatably attached to the slider; wherein

the buffering member is rotated through abutment with the first member, has an engagement stepped portion or a cam projecting portion for directly or indirectly pressing the case body or a member fixed to the case body, and moves along with movement of the first member or the case body while retaining the pressing state caused by the engagement stepped portion or the cam projecting portion so as to buffer relative movement of the first member and the case body.

- 2. The buffer as described in claim 1 characterized in that the engagement stepped portion or the cam projecting portion presses the case body or the member fixed to the case body indirectly via a pressing member.
- 3. The buffer as described in claim 1 or 2 characterized in that the buffering member presses a brake plate fixed to the case body.
- 4. The buffer as described in claim 3 characterized in that the position of the brake plate is adjustable in a width direction of the case body.
- 5. The buffer as described in claim 3 or 4 characterized in that a flat abutting surface to be brought into sliding contact with one side surface of the brake plate is formed on the slider.

6. The buffer as described in any one of claims 1 to 5 characterized by comprising:

a rotary damper fixed to the slider, a pinion gear fixed to a rotation axis of the rotary damper, and

a rack fixed to the case body; wherein the pinion gear and the rack are meshed with each other.

7. The buffer as described in any one of claims 1 to 5 characterized by comprising:

a rack fixed to the slider,

a rotary damper fixed to the case body, and

a pinion gear fixed to a rotation axis of the rotary damper; wherein

the pinion gear and the rack are meshed with each other.

- 8. The buffer as described in any one of claims 1 to 7 characterized by comprising an elastic means for moving the slider between the slider and the case body.
- 9. The buffer as described in any one of claims 1 to 8 characterized in that the buffering member has a retaining recessed portion for retaining the first member, and is moved along with movement of the first member or the case body via the retaining recessed portion.
- 10. The buffer as described in any one of claims 1 to 5 characterized in that the buffering member has a magnet, the first member is formed of a magnetic body, and the magnet can attract and retain the first member.